



# WINN ARMY COMMUNITY HOSPITAL

Public Affairs Office • 1061 Harmon Avenue Fort Stewart Georgia 31314 • (912) 435 - 6662  
W i n n P A O @ a m e d d . a r m y . m i l

## N e w s R e l e a s e

November 12, 2009

## H1N1/Seasonal Influenza Vaccine Update

Winn Army Community Hospital received 10,420 doses of H1N1 Injectable vaccines last week. In a mass vaccine clinic, Winn administered almost 1,500 H1N1 vaccines Nov. 6, and wants to encourage the community to get their vaccine; especially the high risk groups.

### High Risk Target Groups for vaccination include:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Persons between the ages of 6 months and 24-years-old
- People ages of 25 through 64 years of age who are at higher risk for influenza-related complications because of chronic health disorders or compromised immune systems.

### Clinic Hours are as follows:

- Winn Army Community Hospital Immunization Clinic: 912-435-6878, weekdays 7a.m.-4 p.m.
- Tuttle Army Health Clinic: 912-315-5454, walk-ins 1-5 p.m. Thursdays.  
**\*\*\* SPECIAL HOURS\*\*\* Tuttle's Flu clinic will be open Nov. 16-20 and Nov. 23-25, 8 a.m.-5 p.m. Both Seasonal Flu and H1N1 vaccines will be available.**
- Hawks Troop Medical Clinic: 912-435-5364, 7:30 a.m.-4:15 p.m. weekdays. For active-duty personnel only.

### H1N1 Info:

- H1N1 virus causes about the same level of sickness in people as the normal seasonal influenza. This virus is circulating throughout our nation and in our community now. The virus is not causing serious illness in most people.
- Most individuals will show typical flu-like illness such as fever, cough, sore throat, headache, body aches, and sometimes nausea and diarrhea.
- We are encouraging those who become sick to treat their symptoms at home, rather than seek medical attention. **EXCEPTION:** Active duty Soldiers should report to Sick Call if they have symptoms of influenza.
- Most will have only mild symptoms which are treatable with Tylenol® or Motrin®, and will subside in approximately 4 days.

● Sick Family Members may return to work/school when they have been without a fever (<100.5° F) for at least 24 hours and off medications to decrease their fever.

● There are essentially no other circulating influenza viruses other than H1N1 in our community. If you have flu-like symptoms, you likely have H1N1 influenza.

● Close household contacts of sick individuals should also be careful to look for early signs of infection, and stay home from work or school if they become sick.

● Wearing a mask is a good way to help keep Family Members and close contacts from becoming sick. Wearing masks in public is not recommended at this time.

● The best way to prevent spreading of this virus is to COVER YOUR COUGH, SNEEZE IN YOUR SLEEVE, and WASH YOUR HANDS as often as possible.

● To help decrease the spread of influenza in our community:

- Encourage sick co-workers to stay at home to significantly decrease the spread of the virus at work.
- Stay at home with your children if they become sick and cooperate with school officials if your child becomes sick at school.
- Keep your child home for the “24-hour” rule (Without a fever (<100.5° F) for at least 24 hours and off medications to decrease their fever).

● Winn is conducting an active influenza vaccine campaign in the elementary schools and daycare centers on post. Permission slips are required to have your child vaccinated.

● Family Members can help keep their Soldier healthy by ensuring he/she has plenty of hand sanitizer and encouraging him/her to cover their cough and wash their hands. All active duty Soldiers will also get the new vaccine when it becomes available.

● Emergency warning signs for **children** include fast breathing or trouble breathing; bluish skin color; not drinking enough fluids; not waking up or not interacting; being so irritable that the child does not want to be held; flu-like symptoms improve but then return with fever and worse cough; and/or fever with a rash

● Emergency warning signs for **adults** include difficulty breathing or shortness of breath; pain or pressure in the chest or abdomen; sudden dizziness; confusion; and/or severe or persistent vomiting

For more information, contact; check out Winn’s website at [www.winn.amedd.army.mil](http://www.winn.amedd.army.mil).